



GET A WHIFF OF THIS:
The Facts About Inhalants



Army Substance Abuse Program





AWARENESS:
The First
Defense!

Topics

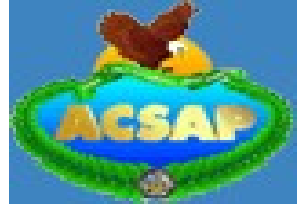


- ▢ Categories of Inhalants
- ▢ Demographics
- ▢ Effects/Signs of Use
- ▢ Sudden Sniffing Death Syndrome
- ▢ Tips/Future Reference





Inhalants



- Inhalants are breathable chemical vapors that produce mind altering effects.
- Inhalants use is on the rise due in part to their availability and low cost.
- There are three different types of inhalants:
 - *Solvents
 - *Gases
 - *Nitrites





Street Names



Rush



Tanks



**Balloon
s Glue**



Ozone



Pearls



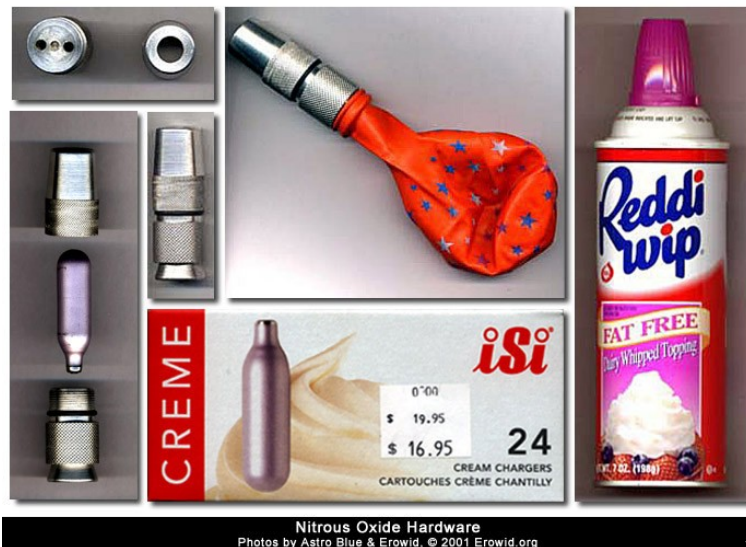
Snapper



**Popper
s Pan**



**Breeze
Gas**



**Whippet
s SPAM**



Snifters



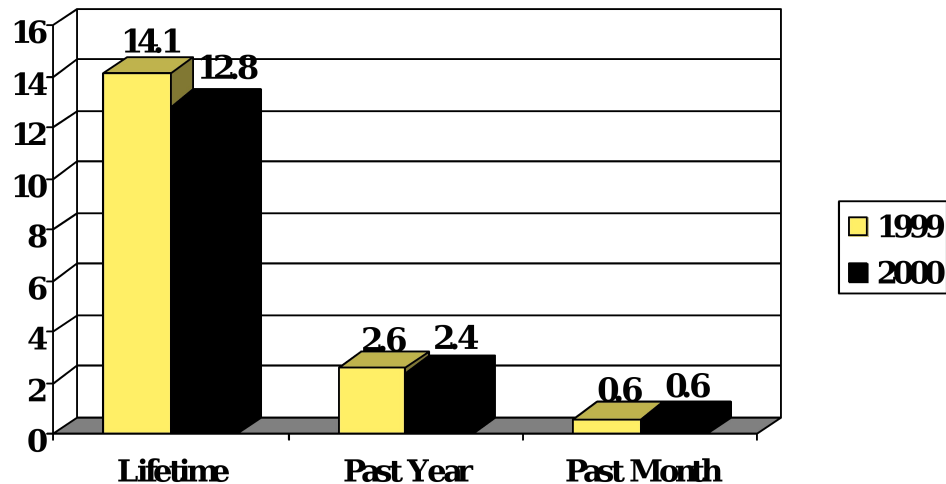
Tanks

Popper



Inhalant Use in the US

Percentages Reporting Lifetime, Past Year, and Past Month Use of Inhalants Among Persons Aged 18 to 25:



1999-2000 National Household Survey on Drug Abuse



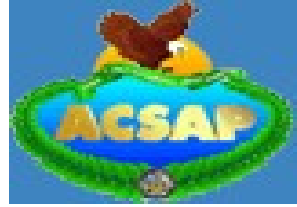


Demographics



- ▣ **AGE GROUP**: 7-24 y/o
- ▣ **POPULATION**: Young, white males
-- highest CHRONIC usage rate
- ▣ **PRECURSOR**: Use prior to
cigarettes, alcohol, and marijuana





Demographics (Cont.)

▣ **AVAILABILITY**: Over 1,400 household products

▣ **EFFECTS**: Rush -- Euphoria -- Crash

▣ **ABUSERS**: Most difficult to treat; may experience multiple psych/social problems.





Inhalants

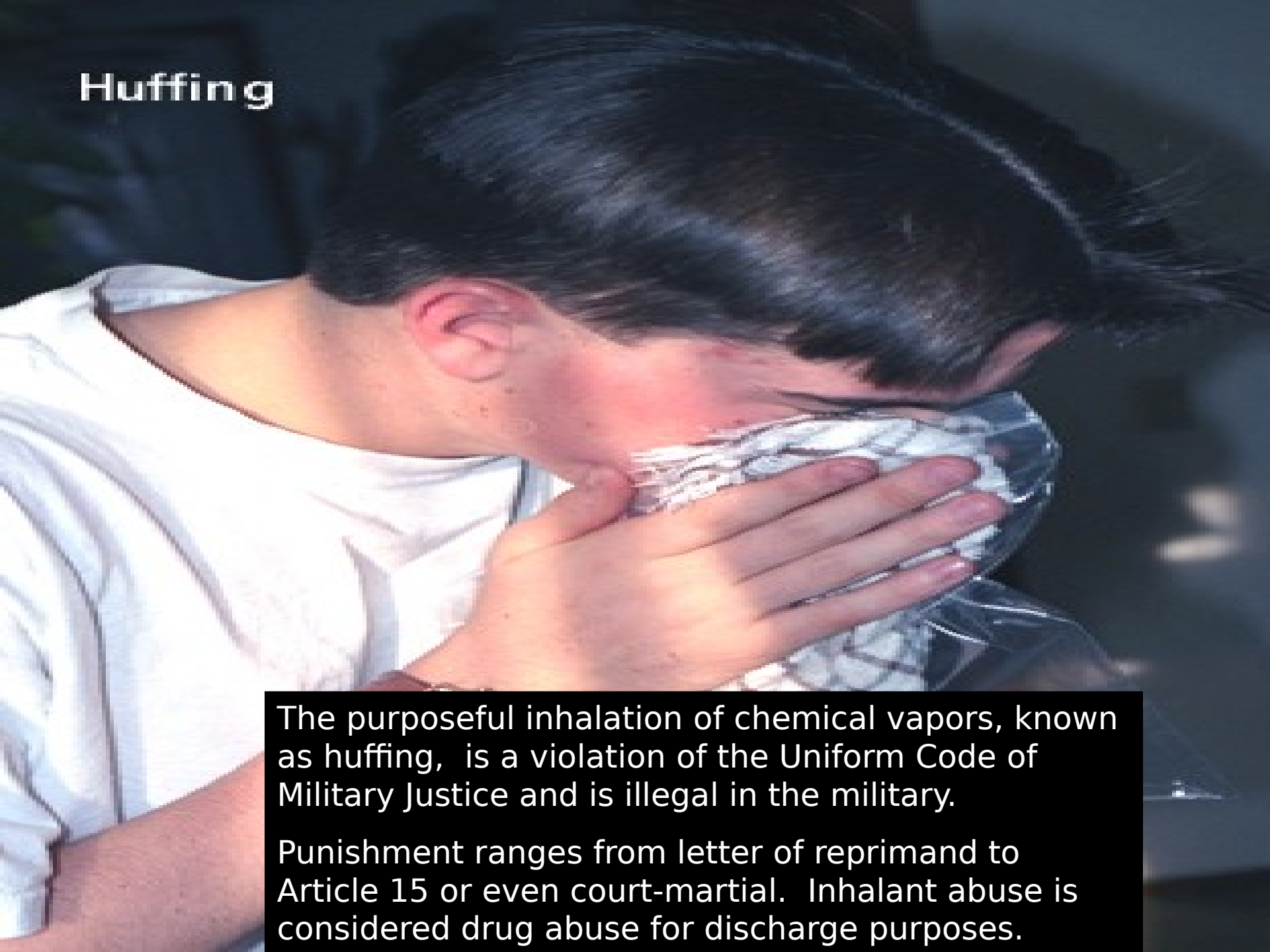


Inhalants are ingested into the body by breathing in the vapors of the product. Several methods of inhalation are used by abusers:

- Use of a Bag – The bag is filled with the fumes and the user breathes air from the bag. Sometimes users will put their entire head into the bag.
- Use of a Rag – The rag is soaked in the product and the user presses the rag over his/her mouth and nose.
- Pressurized Containers – Some abusers will inhale the product directly from the container.



Huffing



The purposeful inhalation of chemical vapors, known as huffing, is a violation of the Uniform Code of Military Justice and is illegal in the military.

Punishment ranges from letter of reprimand to Article 15 or even court-martial. Inhalant abuse is considered drug abuse for discharge purposes.



Products Abused

Rubber Cement

**Household
Glue
Spray Paint**

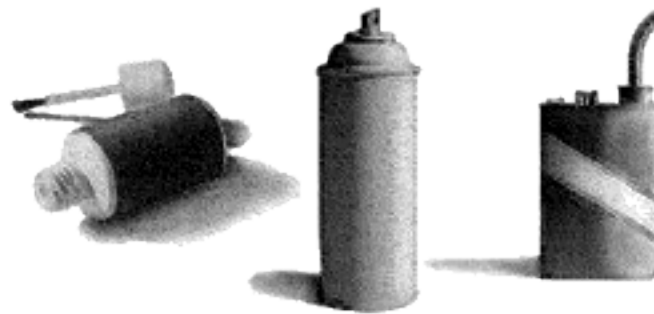
Hair Spray

**Fabric
Protector
Spot Remover**

**Paint Thinner
White - Out**

**Toxic
Markers
Lighter Fluid**

**Gasoline/Propane
Octane
Booster
Nitrous Oxide**



**Degreaser
Whippets**

**Room
Odorizers
Helium**





Effects/Signs of Use



- **IMMEDIATE**
 - Nausea
 - Double Vision
 - Runny/Bloody Nose
 - Lack of Coordination
 - Headache
 - Chest Pain
- **LONG-TERM**
 - Rash Around Mouth/
Nose
 - Weight Loss
 - Cardiac Arrest
 - Brain/Liver/Kidney/
Bone Marrow Damage
 - Impaired Respiratory
System





Brain Damage

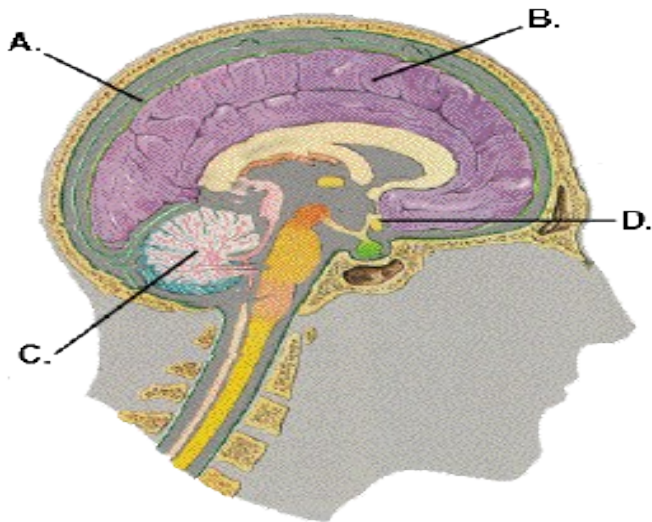
Inhalants can cause serious damage to the brain:

A. Brain - Inhalant abuse causes a variety of serious sensory and psychological disorders.

B. Cerebral Cortex - Inhalant abuse causes personality changes, memory loss, hallucinations, and learning disabilities.

C. Cerebellum - Inhalant abuse causes loss of coordination, slurred speech, chronic tremors, and uncontrollable shaking.

D. Ophthalmic Nerve - Inhalant abuse can cause serious sight disorders, including blindness.





More Physical Harm

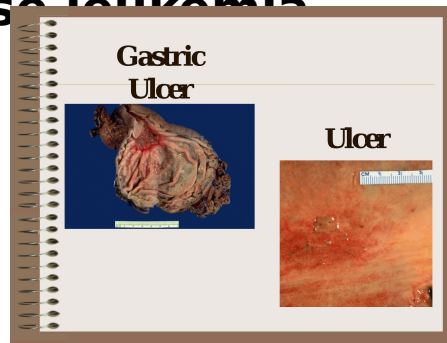
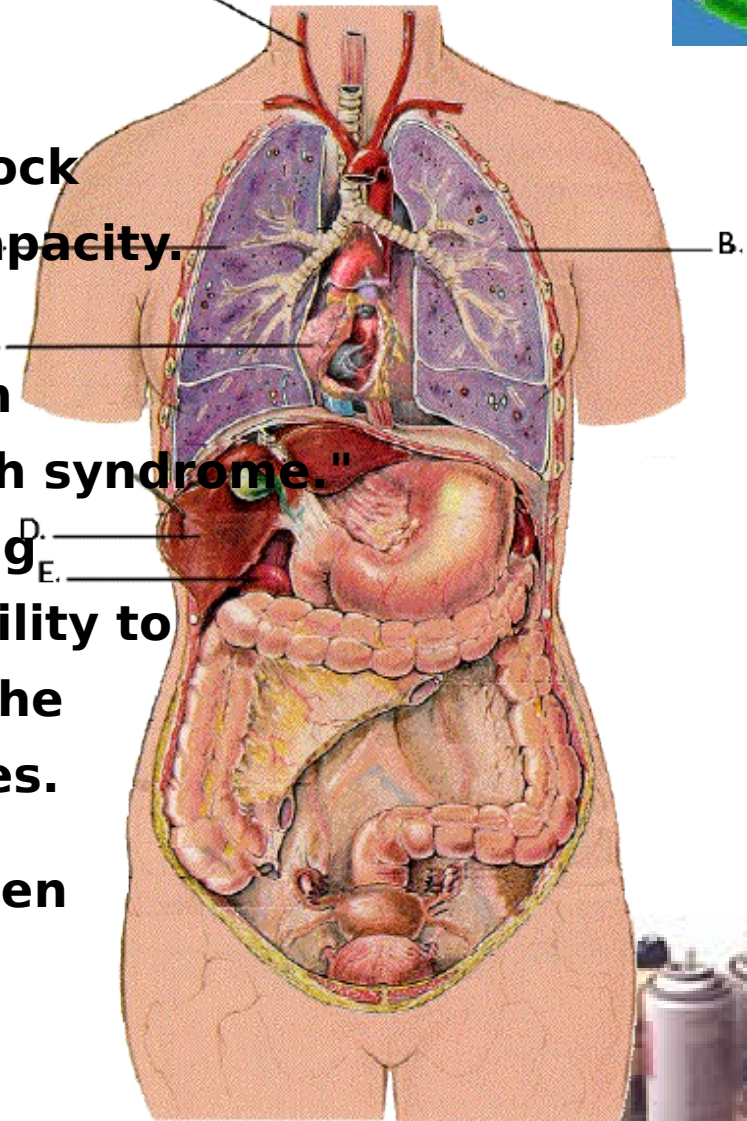
A. BLOOD Some substances block the blood's oxygen carrying capacity.

B. LUNGS and Liver damage.

C. HEART All inhalants use can result in "sudden sniffing death syndrome."

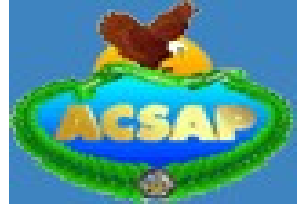
D. KIDNEY Inhalants containing toluene impair the kidney's ability to control the amount of acid in the blood resulting in kidney stones.

E. BONE MARROW Benzene, a component of gasoline, has been shown to cause leukemia.





SUDDEN SNIFFING DEATH SYNDROME



- ❑ **Chemicals pass through Blood-Brain Barrier; go directly to lungs and heart**
- ❑ **User is at risk 1st, 10th, or 100th time**
- ❑ **User can die from being startled**





Preventing Use in Children



What can you do to prevent inhalant abuse?

One of the most important steps you can take is to talk with your children or other youngsters about not experimenting even a first time with inhalants. In addition, talk with your children's teachers, guidance counselors, and coaches. In addition, look for the following signs:

Sitting with a pen or marker near nose.

Constantly smelling clothing sleeves.

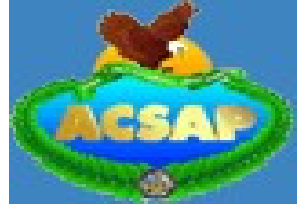
Showing paint or stain marks on the face, fingers, or clothing.

Hiding rags, clothes, or empty containers of the potentially abused products in closets and other places.





Tips

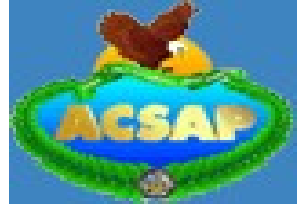


- ▮ **Remain calm and DO NOT startle person**
- ▮ **Excitement or stimulation can cause hallucinations or violence.**
- ▮ **Activity or stress may cause heart problems which may lead to "Sudden Sniffing Death."**
- ▮ **Check vital signs and responsiveness**
- ▮ **Notify emergency personnel**
- ▮ **Ventilate the area and do not leave person alone**





Future Reference



- ▮ **Keep eye out for discarded containers**
- ▮ **Pay attention to products that are used up too quickly; keep eye out for loose tops on cans**
- ▮ **Pay attention to symptoms**





Inhalants

Question 1

- Inhalants are
 - a. breathable chemical vapors that produce mind altering effects
 - b. mind-altering chemicals ingested orally
 - c. a drug that can be made into a tattoo and absorbed into the skin
 - d. all of the above

Answer a.





Inhalants

Question 2

- How many different types of inhalers are there....
 - a. two
 - b. three
 - c. four
 - d. Five

Answer b.





Street Names

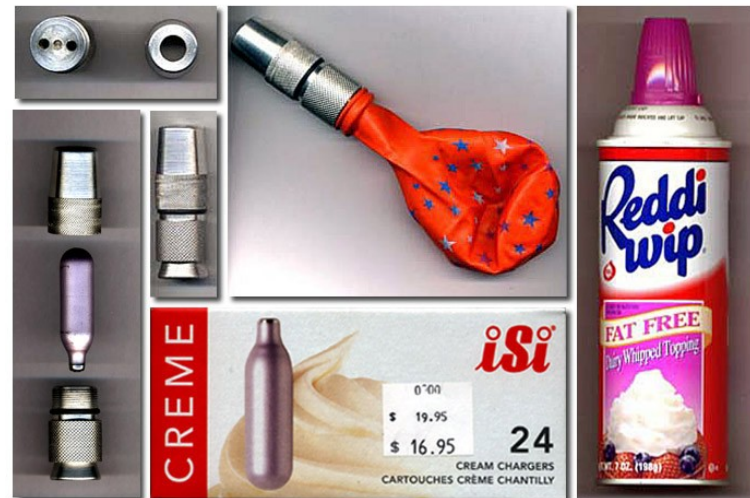
Question 3



What are some of the street names that refer to inhalants:

- a. chronic and bud
- b. georgia home boy and grievous bodily harm
- c. booze and hooch
- d. snifters and pearls

Answer d





Demographics

Question 4

Which demographic group is most likely to use inhalants:

- a. ages 7-24
- b. young, white males
- c. all of the above
- d. none of the above

Answer c.





Inhalants

Question 5

- Inhalants Abuse is
 - a. not punishable by UCMJ
 - b. not punishable by court-martial
 - c. punishable by UCMJ, court-martial and/or letter of reprimand
 - d. All of the above

Answer c.





Tools of the Trade

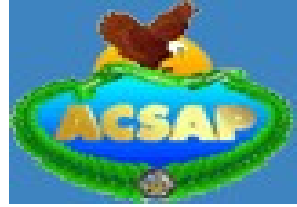
Question 6

What are some of the items used to facilitate inhalant use:

- a. a bag is filled with the fumes
- b. rags soaked in the product
- c. pressurized Containers used to inhale the chemical directly from the container.
- d. all of the above

Answer d.





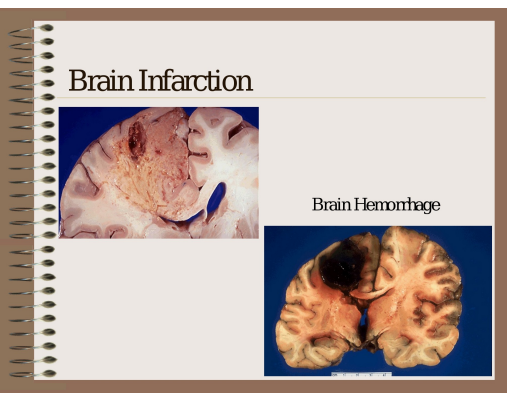
Signs of Inhalant Use

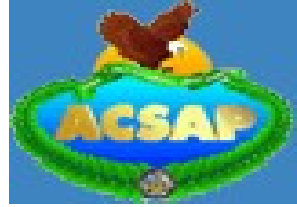
Question 7

What are some of the physical signs that someone may be using inhalants:

- a. rash around the nose and/or mouth
- b. lack of coordination
- c. weight loss
- d. all of the above

Answer d.





What they Use

Question 8

Which types of common products may be used as inhalants:

- a. glues/adhesives and correction fluid
- b. nail polish remover and or whipping cream aerosols
- c. marking pens and/or gasoline
- d. all the above.

Answer: d





Signs of Inhalant Use

Question 9

What are additional signs that someone may be using inhalants:

- a. sitting with a pen or marker near nose.
- b. constantly smelling clothing sleeves.
- c. showing paint or stain marks on the face, fingers, or clothing.
- d. hiding rags, clothes, or empty containers of the potentially abused products
- e. all of the above

Answer e.





Army Substance Abuse Program



For more Information, Contact Your Local
Army Substance Abuse Program

Landstuhl ASAP
Bldg. 3820, Rm 207
LRMC
DSN: 486-6121
CIV: 06371-86-6121

Mannheim ASAP
Bldg. 214, Rm. 13
Sullivan Barracks
DSN: 385-2379
CIV: 06217-30-2379

Heidelberg ASAP
Bldg. 3752, Rm. 306
104 Romerstrasse
DSN: 370-6069
CIV: 06221-57-6069

Darmstadt ASAP
Bldg. 4006, Rm. 302
Cambria Fritsche
DSN: 348-6750
CIV: 06151-69-6750

Or logon to:

<http://www.inhalants.org/>



**NATIONAL INHALANT
PREVENTION COALITION
WEB SITE**



**SNIFFING CORRECTION FLUID
CAN STOP YOUR HEART.**

If you sniff to get high, you're inhaling poisons that do definite damage. So stop. Before your heart does.



STEPS TO YOUR CERTIFICATE!

*First, **CLICK HERE** to **RECEIVE** credit for this training by email. Don't forget to provide the following in the body:*

1. Full Name
2. Garrison
3. Grade or Rank
4. Duty Phone
5. DEROS
6. Supervisor's Name and Phone Number
7. Date that you reviewed

*Second, **CLICK HERE** to **DOWNLOAD** the certificate for your personnel folder.*

